



# January Breakfast Menu 2022

Verndale School District #818

[www.verndaleschool.org](http://www.verndaleschool.org)

**Verndale School  
Breakfast Menu**

## Breakfast

Menu Subject to change

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <b>3</b>  | <b>4</b>  | <b>2 hour late start 5</b>                                      | <b>6</b>  | <b>7</b>   |
| Benefit Bar, Mixed Fruit, Orange Juice, Milk                | Ham Pattie, English Muffin, Pineapple Slice, Apple Juice, Milk        | Frosted Flakes Cereal, Cheese Stick, Banana, Orange Juice, Milk | Blueberry Waffle, Blueberries, Berry Juice, Milk          | Apple Frudel, Peaches, Orange Juice, Peaches, Milk                             |
| <b>10</b>   | <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>  |
| Pancake Sausage Wrap, Hash Browns, Orange Juice, Milk       | Sausage Pattie/Cheese slice, Biscuit, Mixed Fruit, Orange Juice, Milk | UBR Bar, Pears, Berry Juice, Milk                               | Breakfast Pizza, Peaches, Dragon Juice, Milk              | Poptart, cheese stick, Pineapple, Apple Juice, Milk                            |
| <b>17</b>   | <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>  |
| <b>SCHOOL</b>   | Ham Pattie, English Muffin, Pineapple slice, Berry Juice, Milk        | Dutch Waffle, Mandarin Oranges, Grape Juice, Milk               | Pancake Wraps, Hash Browns, Orange Juice, Milk            | Cinnamon Toast Crunch Cereal, Cheese Stick, Dragon Punch, Strawberry Cup, Milk |
| <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>  |
| Apple Filled Donut, Strawberry Cup, Berry Juice, Milk       | Egg Pattie,/Cheese Slice,/Biscuit, Applesauce, Orange Juice, Milk     | Yogurt, French Toast Crackers, Banana, Apple Juice, Milk        | Omelet, Salsa, Toast, Mandarin Oranges, Berry Juice, Milk | Cream Cheese Bagel, Peaches, Grape Juice, Milk                                 |
| <b>31</b>   | <b>February 1</b>   | <b>February 2</b>   | <b>February 3</b>   | <b>February 4</b>  |
| Blueberry Muffin, Yogurt, Strawberry cup, Apple Juice, Milk | Blueberry Waffle, Orange Juice, Pineapple, Milk                       | Apple Frudel, Pears, Grape Juice, Milk                          | Apple Filled Donut, Dragon Punch, Grapes, Milk            | Cereal, Poptart, Mandarin Oranges, Apple Juice, Milk                           |

**This institution is an equal opportunity provider**



# January Lunch Menu 2022

**Verndale School  
Lunch Menu**

Verndale School District #818  
www.verndaleschool.org

## Lunch

Menu Subject to Change

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>   | <b>7</b>  |
| Beef Spaghetti/Cottage cheese, Lettuce Cherry tomato, Pears, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait | Meatballs & Gravy, Dinner Roll, Mashed Potatoes, Sliced Peaches, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                  | Sausage Patty/French toast, Orange Juice, Fresh Carrots/Ranch Dressing, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                    | Popcorn Shrimp Wrap/shredded cheese, Shredded Lettuce, Baked Beans, Pineapple Chunks, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait | Chili/shredded cheese, Frito Chips, Celery Sticks, Applesauce, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait   |
| <b>10</b>   | <b>11</b>  | <b>12</b>   | <b>13</b>  | <b>14</b>   |
| Pulled Pork/Bun, Green Beans, Strawberries, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Ham or Tuna Bento Boxes or Parfait      | Lasagna, Lettuce, Cherry Tomato, Dinner roll, Applesauce, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Ham or Shredded Chicken Bento Boxes or Parfait | Pizza, Cooked Carrots, Peaches, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait  | Breaded Chicken Marinara/Bun, Mashed Potato, Pineapple, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                               | Elemantry: Chicken Fillet/bun<br>High School: Italian Sub, Baked Beans, Pears, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                               |
| <b>17</b>   | <b>18</b>  | <b>19</b>   | <b>20</b>  | <b>21</b>   |
| <b>NO SCHOOL</b>  | Mini Corn Dogs, Green Beans, Applesauce, Milk<br>Grades 9-12 Options: Garden Salad or Chef Salad, 7-12 Choice - Ham or Shredded Chicken Bento Boxes or Parfait                         | Mandarin Orange Chicken/Rice, Dinner Roll, Stir Fry Veggies, Pineapple chunks, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Ham or Tuna Bento Boxes or Parfait | Cream Chicken/Biscuit, Cooked Carrots, Grapes, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Ham or Shredded Chicken, Bento Boxes or Parfait               | Elem :HotDog/Bun,<br>High School: Philly Chicken Sub, Baked Beans, Mandarin Oranges, Milk<br>Grades 9-12 Options: Garden Salad Grade 7-12 Chef Salad, or Choice - Ham or Shredded Chicken, Bento Boxes or Parfait |
| <b>24</b>   | <b>25</b>  | <b>26</b>   | <b>27</b>  | <b>28</b>   |
| Sloppy Joe/Bun, Green Beans, Pears, Milk<br>Grades 7-12 Options: Garden Salad or Chef Salad or Choice - Bento Boxes or Parfait                                    | Beef Nachos, Chips, Cooked Carrots, Peaches, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, Grades 7-12 Choice - Ham or Shredded Chicken Bento Boxes or Parfait     | Pizza Crunchers, Marinara Sauce, Baked Beans, Applesauce, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Ham or Tuna Bento Boxes or Parfait                      | Breaded Pork Chop, Dinner Roll, Mashed Potato, Pineapple Chunks, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                      | Ham & cheese Sub, Lettuce, Tomato Slice, Dill Pickle, Mandarin Oranges, Milk<br>Grades 9-12 Options: Garden Salad Grade 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                                       |
| <b>31</b>   | <b>Feb 1</b>   | <b>Feb 2</b>  | <b>Feb 3</b>   | <b>Feb 4</b>  |
| Enchilada Casserole, <b>Dinner Roll</b> Lettuce, Applesauce, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait | French Bread Pizza, Marinara Dip Corn, Fresh Grapes, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                              | Beef Taco, Chips, Diced Tomato, Romaine Lettuce. Mandarin Oranges, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait                         | Grilled Cheese, Tomato Soup, Celery, Peaches, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait   | Chicken Fillet/Bun, Baked Beans, Lettuce, Strawberries, Milk<br>Grades 9-12 Options: Garden Salad Grades 7-12 Chef Salad, or Choice - Bento Boxes or Parfait  |

**This institution is an equal opportunity provider**